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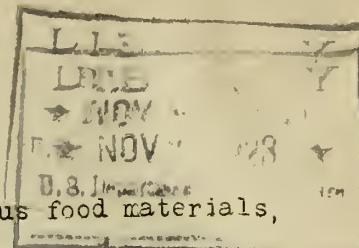
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Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS.

Available Illustrative Material.



Sets of charts showing graphically the composition of various food materials,

dealing with the problem of food selection and meal planning for the average family and for young children, and illustrating 100-calorie portions of a few familiar foods, may be obtained from the following sources at the prices quoted. To avoid delay it is suggested that in ordering charts remittances be sent in coin or money order directly to the office indicated as handling the particular series of chart. With the exception of the photographs of children's diet, all these charts are obtainable through the Superintendent of Documents, Government Printing Office,

Washington, D. C.

The charts issued as sets can be supplied only in that way. For obvious reasons, sets of charts cannot be broken to supply individual ones in the series.

Composition of food materials, etc. 1916. Set of 15 charts, each about 24x13 inches. For sale by the Superintendent of Documents, Government Printing Office, Washington, D. C., per set, \$1.00.

Contents: 1. Milk and milk products. 2. Eggs and cheese. 3. Meat fresh and cured. 4. Fish, fish products, and oysters. 5. Butter and other fat-yielding foods. 6. Cereal grains. 7. Bread and other cereal foods. 8. Sugar and similar foods. 9. Roots and succulent vegetables. 10. Legumes and corn. 11. Fresh and dried fruits. 12. Fruits and fruit products. 13. Nuts and nut products. 14. Composition, functions, and other uses of food. 15. Dietary standards.

Food selection and meal planning. 1921. Set of 8 charts, each about 18x23 inches.
For sale by the Superintendent of Documents, Government Printing Office,
Washington, D. C., per set, 50 cents.

Contents: 1. A week's supply of food for an average family. 2. A week's supply of vegetables and fruits for an average family. 3. A week's supply of milk, meat, and similar foods for an average family. 4. A week's supply of cereal foods for an average family. 5. A week's supply of sugar and other sweets for an average family. 6. A week's supply of fat and fat foods for an average family. 7. Counting the cost of a week's food supply. 8. Figures for estimating food supplies for individuals and for families differing from the average.

Children's diet. 1919. 2 sets of 4 photographs each in two sizes. For sale by
the Office of Publications, U. S. Department of Agriculture, Washington, D. C.

Set 1. White children:

Contents: 1. 15033-C Start the day with a good breakfast. 2. 15036-C Little children need food between meals. 3. 15034-C The chief meal should come at midday. 4. 15035-C Simple suppers are best. Photographic prints, 8x10 inches, per set of 4, 72 cents. Enlarged photographs, about 15x20 inches, per set of 4, \$8.00.

Set 2. Colored children:

Contents: 1. 15037-C Start the day with a good breakfast. 2. 15040-C Little children need food between meals. 3. 15038-C The chief meal should come at midday. 4. 15039-C Simple suppers are best. Photographic prints, 8x10 inches, per set of 4, 72 cents. Enlarged photographs, about 15x20 inches, per set of 4, \$8.00.

100-calorie portions of a few familiar foods. 1923. 1 chart about 23x17 inches.
For sale by the Superintendent of Documents, Government Printing Office,
Washington, D. C. 10 cents

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